

IN THE ABSTRACT

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The invention concerns a clamping and/or braking device with a housing, in which at least one plate-like element is held, supported at a first end opposite a stop area of the housing. A second end transfers clamping and/or braking forces to an object, or acts on a pressurizable element, which transfers clamping and/or braking forces to an object. The plate-like element has at least one bending area which is convex in the starting state, which is constructed pressure-resistant and nevertheless elastically deformable so that the bending area forms an elastic element between the stop area of the housing and a pressurizing end of the plate-like element. A pressure space is formed between the convex side of the bending area and the housing. Some embodiments include multiple plate-like elements.